

## INTRODUCTION TO PHYSICAL THERAPY

DOE #5215

CIP Code: 51.0806 Physical Therapist/Assistant

*Introduction to Physical Therapy* introduces students to careers in physical therapy, athletic training and sports medicine. Due to the multi-disciplinary/cross training trend in health care delivery, this course will offer an overview of other allied health careers interrelated to physical therapy; such as athletic training and sports medicine. Various instructional strategies and technologies are used to teach students about career opportunities and their associated roles and responsibilities, legal and ethical issues, patient diversity, anatomy and physiology, injury mechanisms, disorders requiring physical therapy, aspects of rehabilitation, safety concerns and patient documentation. This course builds on the competencies learned in introductory courses and provides students the opportunity to develop more in-depth knowledge, skills and attitudes related to physical therapy. Students have the opportunity to compete in a variety of HOSA competitive events, including sports medicine and physical therapy, at both the state and national level.

- Recommended Grade Level: 11-12
- Required Prerequisite: None
- Recommended Prerequisite: Introduction to Health Care Systems or Integrated Health Sciences I&II, Biology, Chemistry, Anatomy and Physiology
- Credits: A one semester course, one or two credits per semester
- A Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diploma directed elective course
- A Career Academic Sequence, Career-Technical program, or Flex Credit course
- Academic content standards:  
[http://www.doe.state.in.us/octe/health/hce/physical\\_therapy.pdf](http://www.doe.state.in.us/octe/health/hce/physical_therapy.pdf)
- Curriculum Framework:  
[http://www.doe.state.in.us/octe/health/hce/physical\\_therapy.pdf](http://www.doe.state.in.us/octe/health/hce/physical_therapy.pdf)
- Teacher Requirements: <http://doe.state.in.us/dps/licensing/assignmentcode>
- Funding: State Additional Pupil Count (APC) vocational funding available if taught by CTE licensed Health Sciences teacher

### *Content Standards and Competencies*

The following are measurable exit standards and competencies that students should know and be able to do at the conclusion of the course. The content standards and competencies do not define a specific sequence for teaching and learning. While all content standards and competencies should be addressed in some way, teaching order and areas of emphasis will vary according to local needs.

**1. CAREER OPPORTUNITIES: DESCRIBE POSSIBLE CAREER OPPORTUNITIES IN PHYSICAL THERAPY, ATHLETIC TRAINING AND SPORTS MEDICINE.**

- 1.1. Identify specialty areas of practice within physical therapy.
- 1.2. Describe educational requirements for physical therapists, athletic trainers, and sports medicine.
- 1.3. Explain the importance of continued education and professional growth.
- 1.4. Name professional organizations associated with each of the disciplines.
- 1.5. Describe the relationship between physical therapy, athletic training, and sports medicine.
- 1.6. Describe current trends in physical therapy and sports medicine.
- 1.7. Explain traditional and non-traditional roles of physical therapists.
- 1.8. Identify various work settings.
- 1.9. Compare the interrelationship between physical therapists and other allied health care professionals.

**2. PROFESSIONAL ROLES: DESCRIBE THE ROLE OF THE PHYSICAL THERAPIST, ATHLETIC TRAINER, AND SPORTS MEDICINE SPECIALIST.**

- 2.1. Describe the purpose of physical therapy, athletic training, and sports medicine.
- 2.2. Describe how the doctor, therapist, and trainer function as educators.
- 2.3. Explain how characteristic traits affect patient care.

**3. LEGAL AND ETHICAL RESPONSIBILITIES: DESCRIBE THE LEGAL AND ETHICAL RESPONSIBILITIES OF EACH OF THE PRACTITIONERS.**

- 3.1. Describe the standards of professional practice.
- 3.2. Display appropriate professional behavior.
- 3.3. Explain the legal responsibilities related to patient care.
- 3.4. Define legal terms used in relation to each of the three disciplines.
- 3.5. Explain how the code of conduct affects each practitioner.

**4. SAFETY PRACTICES: IDENTIFY SAFETY PRACTICES, COMMUNITY INTEGRATION, AND ENVIRONMENTAL CONCERNS RELATING TO PHYSICAL THERAPY.**

- 4.1. Demonstrate appropriate patient transfer and transportation techniques.
- 4.2. Describe the importance of universal precautions.
- 4.3. Demonstrate an understanding of task specific OSHA guidelines.
- 4.4. Describe a safe patient environment.
- 4.5. Demonstrate disinfection of equipment per agency policy.
- 4.6. Demonstrate the ability to recognize and report unsafe or broken equipment.
- 4.7. Describe unsafe or restrictive environmental conditions.

**5. ANATOMY AND PHYSIOLOGY: RELATE BASIC ANATOMY AND PHYSIOLOGY TO THE PRACTICE OF PHYSICAL THERAPY.**

- 5.1. Communicate effectively using terminology specific to physical therapy.
- 5.2. Interpret the relationship between cells, tissues, organs, and systems.
- 5.3. Classify the body organization according to anatomical position, planes, directions, and cavities.
- 5.4. Identify orthopedic structures such as bones, muscles, joints, and ligaments.

- 5.5. Correlate each body system with the field of physical therapy.
- 5.6. Explain the body response to trauma and disease.

**6. PHYSICAL DISORDERS: IDENTIFY VARIOUS DISORDERS REQUIRING PHYSICAL THERAPY.**

- 6.1. Describe common orthopedic/sports injuries.
- 6.2. Describe the relationship between cardiopulmonary conditions and physical therapy.
- 6.3. Perform CPR/First Aid.
- 6.4. Name neurological conditions and injuries often treated with physical therapy.
- 6.5. Demonstrate proper wound care.

**7. REHABILITATION: DESCRIBE REHABILITATION PRINCIPALS AND PRACTICES.**

- 7.1. Demonstrate the application of cold therapy, heat therapy, hydro-therapy, electro-therapy, paraffin bath, ultrasound and massage.
- 7.2. Demonstrate the techniques used in range of motion exercise and measurement.
- 7.3. Identify the phases of rehabilitation progression.
- 7.4. Explain the relationship between exercise technique and rehabilitation progression.

**8. PATIENT DIVERSITY: COMPARE THE VARIOUS ASPECTS OF PATIENT DIVERSITY.**

- 8.1. Compare the alterations in treatment regimes based on age, gender, culture, language, and religion.
- 8.2. Describe how underlying disease states or obesity can alter the rehabilitation process.
- 8.3. Compare the needs of an athlete with those of a non-athlete.
- 8.4. Describe how visual, auditory, speech or cognitive impairments effect the rehabilitation process.

**9. RELATIONSHIP BETWEEN WELLNESS, EXERCISE, AND REHABILITATION: EXPLAIN THE RELATIONSHIP BETWEEN WELLNESS, EXERCISE, AND REHABILITATION.**

- 9.1. Describe how post-rehabilitation exercise is part of wellness.
- 9.2. Explain the role of nutrition in the rehabilitation process.
- 9.3. Differentiate between exercises for the purpose of rehabilitation, conditioning, and weight loss.
- 9.4. Describe how mental and emotional wellness can affect the rehabilitation process.

**10. PATIENT DOCUMENTATION: INITIATE, MAINTAIN, AND REVIEW APPROPRIATE PATIENT DOCUMENTATION.**

- 10.1. Obtain and record a patient history.
- 10.2. Schedule patient appointments.
- 10.3. Define the medical terms and abbreviations specific to physical therapy.
- 10.4. Use the SOAP format when recording patient data.
- 10.5. State the criteria used for a patient to return to their prior level of function.
- 10.6. Demonstrate standard charting practices when retrieving patient information.

**11. ASSISTIVE DEVICES: IDENTIFY ASSISTIVE DEVICES AND THEIR USAGE.**

11.1. Demonstrate proper technique when taping and wrapping.

11.2. Describe the purpose of wheelchairs, walkers, crutches, splints/braces, taping and wrapping.

11.3. Demonstrate the use and fitting of wheelchairs, walkers, crutches, splints, braces, taping and wrapping.

**12. INJURIES**

12.1. Compare the injury mechanism in general trauma with that of sports/recreation.

12.2. Define the various fracture classifications.

12.3. Compare acute and chronic injuries.

12.4. Explain how poor body mechanics can lead to injuries.

**13. MEDICATION USAGE IN REHABILITATION: DESCRIBE DRUG CLASSIFICATIONS AND THEIR IMPLICATIONS ON PHYSICAL THERAPY.**

13.1. Define each drug classification and its action.

13.2. Explain how drugs effect healing and exercise progression.

13.3. Anticipate possible side effects of drugs in relation to rehabilitation.

**14. ISSUES OF MANAGED CARE AND INSURANCE COVERAGE FOR TREATMENT: DESCRIBE CURRENT ISSUES RELATED TO MANAGED CARE AND INSURANCE COVERAGE.**

14.1. Explain how managed care and insurance coverage affect the physical therapist.

14.2. Anticipate the effect of managed care and insurance coverage on patient compliance.